

2) **For those who wish to hike in the mountains, to** admire the scenery, to get in touch with nature, to retain in one's mind the essence of forests and mountains:-

1- Guided routes:- We offer the possibility of contracting a guide (book in advance) to show us the more out of the way places. You should bear in mind that many of the paths are narrow and overgrown with heather and shrubs, almost hidden away and should only be done accompanied by a local person who knows the area well.

Some of the routes are as follows:

- O Campo – Os Acebais – Val da Freita, returning via Moreira or passing through Canto da Cabeza.

- Ponte de Agulleiro - Chao das Penas – As Lastras dos Requeixos and return via Campo or Senda Grande

- As lastras dos Requeixos – come back via Campo Redondo

- Os Acebais, A Golada, returning via La Cruz (Cross) or by way of O Canto da Cabeza

- Cross Reboleira de Vilarello by Senda Nova (leave a vehicle at one extreme of the route and another at the start so as not to have to come back over the same ground.

- Routes that can be done in this way are:

- O Campo - Os Acebais - Val da Freitas and back on the road to Canto da Cabeza and Moreira..

- Ponte de Agulleiro - Chao das Penas - As Lastras dos Requeixos and return via O Campo or Senda Grande

- 2) Start or finish of route by car – Another alternative could be to drop off those who wish to cover the longer route or go back and pick them up at the arranged time.

- A Freita (covering the whole of the mountain from Pena Rubia to Piornedo).

- El puerto de Ancares (returning to Piornedo passing through Cuiña and the Braña)

- Burbia (returning to Piornedo by Brego).

- Albergue de Ancares (Hostal) - (heading back from Tres Obispos)...

3) Other Routes: Routes signposted- routes easily found; good visibility (on peaks) or routes through villages, where you obtain information from the local people..

3.1 - Routes signposted: Tral Sesto (signposted path with ethnographic panels – information boards, leaflets, brochures ...)

3.1 .- Routes over summits:- . Appropriate footwear should be worn, warm clothing, hat, sun-cream, drinking water and some refreshments or food.

### **Puerto de Ancares - Cuiña.**

Aprox. Time for route:: 1,5 hours (outward route)

Leave your car on the flat stretch of ground near the Pass of Ancares and turn right (east). The route offers no difficulty, because the trail follows the mountain-ridge and is well defined so it is not easy to get lost. We recommend ascending to the top of Cuiña which is the highest mountain in the Sierra de Ancares and from there, if the day is clear, stand and admire the stunning views (in the distance you can make out Lugo

or Ponferrada, valleys, villages ... with binoculars you might even see a herd of chamois or mountain goats on the mountain-side), and if you begin to tire you can rest beside the Pozo de Ferreira, a glacial lake located to the northwest..

Ferreira's Well is also a good place to picnic for walking in the mountains is a hungry business... In summer the mountain side sees quite a lot of hikers.

By car, return by the same route.

### **Puerto de Ancares - Miravalles**

Approximate time:: 2 hours (outward route).

Leave your car at the same place as on the previous route, but this time take the path that follows the ridge to the west (left). Again, there is not much chance of getting lost as the path is well-trodden and clearly visible..

The route is quite safe, but along a small section people with vertigo may suffer a little. The ascent to the summit is very steep and somewhat difficult but the satisfaction from getting to the top and enjoying the views is well worth all the effort.

### **Piornedo – Mustallar**

Aprox. Time for route: 2,5 hours (outward route).

The route sets out from the chapel of San Lorenzo, at the top end of the village. It's a wide track, well-worn by tractors and 4WD vehicles. The track, which is cordoned off, is exclusively for agricultural use, for farmers, game-reserve keepers, etc.

We start to climb and pass several fields or pastures: O Campo, el Chao Grande, Campo redondo, A Mallada (here we find the remains of a shepherd's hut). After passing A Mallada and negotiating the river we come upon the *braña* or summer pastures of Piornedo, an enormous circular glacial surrounded by the mountains; to the SE Meixon Vella (where you can still see the remains of the huts built by the Extremeño and Castilian shepherds who came up with their sheep and goats right up to the end of the XIX century; to the East, Pico de Lanza and Mustallar together with Pena de Portelin and to the NW Peña Longa; in the centre of these two peaks is Pico do Porto and the track over to Burbia.

The climb to the top of Mustallar is rather tiring so the best thing is first to ascend Pico do Porto and from there follow the wire fencing which runs along the ridge. The fence was put up by the local people to stop cattle from wandering over the slopes to the other side. Once at the top you will see the effort was certainly worthwhile.

There are several alternatives to this route - from the *braña* we could continue to Peña Longa (even take a closer look at A Cuiña), ascend Pico de Lanza, follow the ridge to Tres Obispos, pass Vilous (on the other face of Mustallar) or even cover the whole route to Burbia (it takes over 5 hours for the outward route); you could also go up via O Pico do Porto and A Abeduliña or via Vilous.

3.2- Hikes through the villages: The advantage with these walks is that one can get into conversation with the locals, enquire about the best routes to take and receive first-hand more on the area.

- Piornedo - Moreira

- Piornedo - Vilarello

- Piornedo - Donís - Iglesia de Donís – As Pontes de Xantes – Xantes - Vilarello - Piornedo